

ABSTRACT OF THE DISCLOSURE

5 An exercise system includes a local system having an exercise apparatus
and an associated local computer, where the local computer controls and monitors
the operation and use, respectively, of the exercise apparatus. The system further
includes a remote system having a remote computer, and a transmission medium
including a telephone line that couples the local system to the remote system for
data communication between the local system and the remote system. The remote
system may receive local system data from the local system concerning the use of
10 the exercise apparatus, and the local system may receive remote system data from
the remote system concerning the operation of the exercise apparatus. The local
computer preferably controls the operation of the exercise apparatus based upon
a modifiable script stored in a read/write memory of the local computer, which
can be updated by the remote system. A method for controlling an exercise
15 apparatus includes running a modifiable script on a local computer to control the
use and to monitor the operation of an exercise apparatus, and communicating
with a remote system to provide the remote system with data concerning the use
of the exercise apparatus. The script is stored in read/write memory of the local
computer and remote system data received from the remote system may include
20 at least a portion of a new script to be stored in the read/write memory of the
local computer.